

Parents: Protect Your Teen from Indoor Tanning

Why it matters:

- The U.S. Department of Health and Human Services and the World Health Organization has determined UV radiation from the sun and tanning beds cause cancer.
- Nearly 70 % of tanning bed users are females age 16 to 29.
- 2.3 million U.S. teens tan indoors annually.
- People who use tanning beds before the age of 35 increase their risk of melanoma, the deadliest form of skin cancer, by 75%.
- Melanoma is the most common form of cancer for 25-29 years old and the second most common form of cancer among 15-29 year olds.
- In 2006, in the 116 largest (most populous) U.S. cities, there were, on average, more tanning salons than there were Starbucks® coffee shops.

What you can do:

- Share your concerns with your teen and do not give your permission for your teen to tan.
- If you are an indoor tanner, quit. Teens are more likely to use indoor tanning if their parents do.
- If your teen places a high value on being tan, suggest sunless tanning lotions or sprays.
- Also encourage your teen to protect their skin from UV radiation by wearing sunscreen with a SPF of 30+, wearing protective clothing and sunglasses, and avoiding the sun between 10 a.m. and 4 p.m.

Source: American Academy of Dermatology, www.aad.org



www.skincancer.org



www.scdhec.gov

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